

Darnall Army Community Hospital, Fort Hood, Texas

Department of Pathology & Area Laboratory Services

Care - Quality - Readiness



INSTRUCTIONS

3-Hour Glucose Tolerance Test

Date & Time of Test _____

If you cannot keep your appointment, please call 288-8200 to cancel and reschedule.

The night before your Test:

- Begin your fast (no eating or drinking) at 8 p.m.
- Take nothing by mouth except water
- Gum chewing is not permitted
- Continue medication(s) unless otherwise instructed by your provider

The day of your test:

- Report to the laboratory at 7:15 a.m.
- Check in at the front desk
- Have fasting blood sugar drawn in the Phlebotomy area
- Wait in the laboratory waiting area for results (approximately 30 – 60 minutes)

The Glucose Tolerance Test

- You will be given glucose to drink once the front desk personnel receive your blood sugar test result
- After drinking the glucose, your blood will be drawn three times (at 1-hour intervals)
- During the test, do not take anything by mouth except water
- If you become nauseous or need to stop the test, please inform laboratory personnel